

## **PHOTO OF THE WEEK**

### **February 14, 2013**

Got a nice, memorable photo you'd like to share with your fellow Los Angeles County Department of Mental Health family?

Here's your chance to submit a photo for publication in our eNews. If it's selected, we'll add it in!

To get in on the photo fun:

- E-mail us an appropriate, family-friendly and tasteful picture (in jpeg form). Colorful pictures and action shots are always preferred.
- Be sure the picture is in focus and ready to be published. Not too much headroom, no red eyes or blue pictures please.
- Add the date of the recent photo, who/what is in it and where it was taken.
- Please send us only original photos taken by you.

### **THIS WEEK'S PHOTO**



**Photo submitted by Sylvia Lo**

## **CAPTION CONTEST**

Got a caption for this week's *Photo of the Week*? Send us your ideas, and we'll publish the winning caption for the photo in the following week's *Photo of the Week* section.

Good luck!

## **LAST WEEK'S PHOTO**



**"It may be a long journey but I know I will get there."**

**Caption submitted by Maria Mitra.**

**For photo and caption submissions, please e-mail:  
[pio@dmh.lacounty.gov](mailto:pio@dmh.lacounty.gov)**